

VOICE OF THE RESIDENTS

VOL. XX, No. 7

BROADMEAD, COCKEYSVILLE, MD

MARCH, 1999

One Year of Sew and So

Six Seamstresses meet Tuesdays from 10 a.m. to 12 noon next to the Residents' office on the lower level. There we sew and fill requests such as those listed below for the Residents, staff, Hallowell, the laundry, and others.

Heming	Altering draperies
Lengthen or shorten sleeves	Repair linings
Patching	Repair underwear
Shorten fabric belts	Restitch seams
Side seams	Fix buttonholes
Alter waists	Restitch handbags
Mending gloves	Replace elastics
Make bibs for Hallowell	Secure buttons
Repair shoulder pads	Replace zippers

Our volunteer workers are Helen Hruska, Lois Sexton, Myra Cummings, Donna Smith, and Roz Chenowith. Marie Bent is Chairman; Adele Schutz is Treasurer.

* * *

A FIRST 20TH ANNIVERSARY EVENT

Stony Run Hall is not only the largest Cluster at Broadmead, it also shelters some of our oldest Residents, of whom 11 are original Residents.

Two members came up with the same idea simultaneously--a cluster lunch party. They engineered one calculated to banish mid-winter doldrums while welcoming the century's end.

In addition to our hosts, Alice and Kathaleen, Beth Connors lent her efficient hands so that not only were we pleasantly fed but our every need was charmingly cared for.

Ruth Bristol, who has just passed her 98th birthday, was honored for her many activities at Stony Run. --Eva Leah Milbouer

SUNDAY CONCERT SERIES

by Phil Schnering

Sunday, March 7, 1999 – 2:00 p.m.

RON GRETZ,
Conductor, Gettysburg Symphony

*"Opera Interpretations" of current
productions of the Baltimore
Opera Company. With piano.*

* * *

Sunday, March 14, 1999 – 2:00 p.m.

NATASHA DUKAN, Pianist

*A return performance of this
outstanding artist.*

* * *

Open Forum . . .

by Nydia Finch

Thursday, March 11th – 7:30 p.m.

**THE HON. BENJAMIN L. CARDIN
U. S. HOUSE OF REPRESENTATIVES**

"SOCIAL SECURITY"

* * *

Thursday, March 25th — 3:00 – 4:00 p.m.

**THE HON. JOHN T. WILLIS
MARYLAND'S SECRETARY OF STATE**

**"THE GOVERNOR'S PRIORITIES
FOR MARYLAND"**

Broadmead Welcomes

by Betsy Griffin

DORIS (Buken) SMITH (Mrs. S. Yeardley)

P-6 410-785-1970 December 1998

Doris is a native of Cambridge, Massachusetts, and attended the Bouve' School of Physical Education in Boston before coming to Baltimore to teach her subject at the Roland Park Country School. She met and married her late husband, a Hopkins graduate, while he was doing graduate work at M.I.T. As an engineer, his career took him around the world and Doris was often privileged to accompany him. Doris has two sons, one in Colorado Springs and another here in Timonium; there are four grandchildren. When she was about fifty years old, she returned to college and earned a degree in English, studying at Western Maryland College and the University of Maine's summer school. She has lived in the Green Spring Valley before moving to Gibson Island 12 years ago. She has been active in garden clubs and enjoyed sailing with her husband and sons. Unfortunately, she had a health problem soon after moving to Broadmead and spent some time on Hallowell Hall. She particularly wants us to know how very much she appreciates the excellent care she received while there.

DORIS (Lake) CAMPBELL

Q-10 410-329-1133 January 1999

Doris is a native of New York State and a graduate of Fredonia Teachers College there. After her marriage and the birth and early childhood of her four children, she returned to college to earn a master's degree in English and education and taught secondary English in New York and Pennsylvania. When she left the classroom, she joined Literary Volunteers and began a tutoring career which has continued for twenty years. She currently has one student and expects to continue this outside interest. Doris tragically lost her oldest son, but she has a daughter, Peg Walsh, sometime Broadmead decorator. A son lives in Connecticut and a daughter is in New York State. There are eleven grandchildren.

* * *

In Memoriam

ELIZABETH W. GILMORE

October 12, 1908 -- February 4, 1999

CHARLOTTE CASSELL THOM

March 15, 1914 -- February 6, 1999

HELEN CLARK DOST

December 4, 1911 -- February 7, 1999

DORA M. CHILCOAT

November 12, 1895 -- February 9, 1999

EDITH B. WHITEFORD

June 5, 1907 -- February 14, 1999

LUCIA R. WEISS

August 10, 1898 -- February 14, 1999

* * *

Moving about in the community

by Patricia A. I. R. Rodak

Pauline Armacost	from R-7 to H-232
Harriet Case	from P-10 to T-313
Peggy Fulford	from T-313 to T-365
David & Margaret Hartley	from R-12 to S-310
Alicia Legg [410-584-7058]	from P-12 to H-266
Sam Legg	from P-12 to P-10
David & Helen Matthews	from M-1 to R-8
Nelson Phelps	from Q-1 to H-248
Elizabeth Ward	from H-12 to H-241

* * *

Adventures in LEARNING

by Betsey Spragins and Barbara Vosburgh

SPRING 1999 SERIES

Wednesdays--10:30 'til 12:00 in the Auditorium

Judith R. Smith of the Olmsted Society

Frederick Law Olmsted:

Creator of beauty from gardens to grandeur

Three Lectures: March 17, 24, 31

Tours on April 7 at 10:00 and at 1:30

Roland Park, Guilford, and Sudbrook Gardens

[No charge for lectures]

MOVIES ON TUESDAYS AT SEVEN

by Thelma Becherer and Barbara Hudson

3/2 **The Ginger Tree** 3 hours

Samantha Bond, Daisuke Ryu, Cecile Pawli, Adiran Rawlins. A beautiful, engrossing story. A young Scottish woman goes to Manchuria to marry a British officer posted to Port Arthur when the Russo-Japanese War (1904-1905) starts. Mary becomes involved with the Japanese General. She goes to Tokyo to live as the war comes to Manchuria and remains there for many years. The characters are exquisite, the scenery lovely, and the plot unfolds movingly.

3/9 Much Ado About Nothing 1993 British PG13 111 mins. Directed by Kenneth Branagh with Branagh, Emma Thompson, Denzel Washington, Michael Keaton. A vibrant adaptation of Shakespeare's comedy about the romantic escapades of two pairs of lovers. Play is set in a lavish Tuscan villa. Branagh and Thompson play Benedick and Beatrice – "a rousing and touching *Much Ado*"

3/16 Anastasia 1956 104 mins. Ingrid Bergman, Yul Brynner, Helen Hayes, Akim Tamiroff. Bergman won an Oscar portraying a woman claiming to be the surviving daughter of Russia's last Czar. The confrontation scene, with Hayes as the Grand Duchess, is a tour de force. "A classy historical mystery."

3/23 Oscar and Lucinda 1997 Australian 131 mins. Ralph Fiennes, Cate Blanchett, Ciaran Hinds. Handsome, intelligent, off-beat period film about the unlikely alliance between a defrocked Anglican clergyman and a wealthy heiress who are thrown together by their shared compulsion to gamble. Rated R.

3/30 Into The West 1993 Irish 97 mins. Gabriel Byrne, Ellen Barkin, Colm Meaney, Ciarin Fitzgerald. A fable about two young brothers who flee their drab Dublin life on the back of a magical white horse into the west of Ireland. A highly original film with equal parts of charm, dour moods, and the theme of family.

M*S*S*H

Saturday, March 13 at 9:30 a.m.

Lower Lounge

Introduced by Jim Biddison

Bob Davies

Calvert Cliffs & Other Nuclear Things

Saturday, March 27 at 9:30 a.m.

Lower Lounge

Introduced by Chris Slaughter

Charles Whittington

An Inside Look at a Corporation

Wear Name Tag

Bring 85c

NOVEL THEOLOGY

by Elsa Lundgren

Monday, March 1, 1999

11:00 a.m. in the Auditorium

Children of the Alley

by Maguib Malfouz

Review by Dr. Carl Edwards

All Welcome

* * *

VESPERS

by Elsa Lundgren

Sunday, March 21st - 4:30 p.m.

In the Lounge

THE REV. MARK CLAVIER

St. Alban's Church

* * *

The Camera Club

by Jane Earhart

Friday, March 19, 1999

10:30 a.m.

Lower Level Meeting Room

ALL WELCOME



Have you seen our exhibits in the corridors?

OPEN FORUM

Reviewed by Abe Makofsky

In case you missed it . . . Dr. Ahmad Azimi, an Iranian academic, planner, and businessman, spoke on February 4. His talk dealt with the historical background of present conditions in Iran.

The speaker said the Great Powers over the past 200 years have invaded, occupied, and exploited the resources of his native country. In that period, Russia to the north, and Britain to the east, have contended in trying to control Iran. Since World War II, the United States has become an active player in place of Britain, especially after India became independent. The main interest of America in the area has been to prevent the huge oil resources from being controlled by a potential enemy.

A major confrontation, with deep CIA involvement, occurred in the early 1950s, when an Iranian premier, Mr. Mussadegh, persuaded the legislature to nationalize the oil resources, including some American companies' property. The Premier was forced to resign, and the Shah (later pushed out of the country by the Ayatollah Khomeini forces) gained control of the economy.

As a result of these foreign interventions, the Iranian people are suspicious of the great power countries, and threw out the Shah because of his close alliance with the powers. Dr. Azimi said that most Iranians do not know who ordered the seizure of the American Embassy in 1979, and many did not agree with that action.

Economic conditions are very bad. There is high unemployment, and college graduates find it hard to get jobs after they complete their studies. That is why so many try to leave the country. Iranians attribute the poor economy to the economic sanctions imposed by the U. S. , and America's efforts to compel other countries to maintain an embargo.

A recent popular election for the presidency, resulted in a victory for a moderate religious leader who would like to improve relations with the U. S. and other foreign countries. There is, however, a conservative faction, led by major religious figures, in control of the legislative body; and they resist efforts to change the policies established under Ayatollah Khomeini.

From Jean Hake:

**The Health Care Committee
presents the Fourth
HEALTH CARE EDUCATION LECTURE
Tuesday, March 9, 1999 at 10 a.m.**

**"Four Ears, Three Eyes,
and One Hand with a Pen"
or "How to Get the Most Out of
Your Too-Short Medical Visits"
A presentation by the
Medical Outpatient Department Staff**

* * *

**SATURDAY PROGRAM OFFERINGS
by Charles Hobelmann**

**Saturday, March 6 at 7:15 p.m.
THE CAPTAIN OF THE PRIDE
will tell us of the
Asian Tour of the Pride of Baltimore**
* * *

**Saturday, March 27 at 7:15 p.m.
CHRISTINE PRUITT
Dressing Up the Show . . .
The Story of Costuming**
◇ ◇ ◇

**SATURDAY NIGHT AT THE MOVIES
by Frank Hijikata**

March 13 – THE TRUMAN SHOW

1998 103 mins. PG ***
Unknown to Truman Burbank, the home and community in which he lives is a gigantic soundstage. His friends, family, and everyone he meets are actors. And everything is controlled by an electronic mastermind. When he finds out the truth, he must still reckon with the vast influence of television and the godlike powers behind the scenes.

March 20 – THE LAST BUTTERFLY

Czech/British with English subtitles.
1991 110 min. PG 13 ***
A famous French mime is hired by the Nazis to give one performance for the children of Terezin, the infamous "city of the Jews," during World War II. The show is meant for propaganda, to show the world that the Jews in concentration camps were being well-treated.

SPRING WATCH

By Sarah Cooper

Although winter will be with us, according to the calendar, at least three more weeks, I look irresistibly for signs of spring and find myself studying patterns. Snowdrops have been out along the trails for weeks, daffodils are up, some even budding, and my neighbor's Lenten rose is in bloom. One swallow does not make a summer, and these early beneficences do not make the vernal season. So on a sunny day, walking the Fire Lane, I begin to notice patterns. As I step out my door, I look up to place the wedge-shaped form of flying geese that are honking overhead. I don't see the geese; they have already winged away. The sky, however, is clear, with puffy clouds relieving its intense blue, and there is a long, straight white trail left by planes running beside them. Definitely a good sky day.

Across the road, the shadows of branches make artistic effects as if someone had drawn sketches on the macadam of the trees I scarcely notice. Along the walkways, shadows of supporting posts at regular intervals make boxy patterns; and on the parking lots white parallel lines mark off individual parking spaces. A yellow stripe curves precisely around the center of Perimeter Road to help drivers stay in proper lanes. In addition, as I walk the pavement to my door, there are the uneven patterns of earthworms, brought out by recent wet weather, some curled up, others stretched out--all making little designs on the cement now dry and inhospitable. Finally, just before getting home, I notice the circular stepping stones another neighbor has carefully placed from her garden to the sidewalk.

Waiting for spring, I've seen nothing more significant than a fully open dandelion low in the grass and near it tiny blue veronicas--both weeds that haven't been promoted to consideration as flowers, but hopeful signs nonetheless.

SPRING IS ON THE WAY ---

Let's Dance!

*Big Bands of
Yesteryear*

Eddie Slaughter, Chair

Greet the season with a "spring" in your step, or just relax and enjoy the music.

Monday, March 9, in the Lounge at 7 p.m.

Everyone Welcome

DOC IN A BOX

—John B. De Hoff, M.D.

Health Care Education Subcommittee

Button up your overcoat!

"Take good care of yourself...you belong to me!" They don't write songs like that any more, but the womanly advice still applies. We men don't have to follow all her health instructions but we should at least **listen** to what she says.

Gerontologists Schone and Weinick recently described health benefits of marriage for elderly persons. Women encourage husbands to behave healthier, and marriage promotes healthy lifestyles. Overall, the authors found that marriage continues to have excellent positive effects on men's health behaviors, even later in life.

When gerontologists compared health of men and women, evidence showed that women value health more than men do. This is truer for elderly couples who don't smoke but have regular medical care, exercise regularly, and eat a daily breakfast.

Eating breakfast may improve memory and mood, while skipping breakfast may signal other health problems. Married men are more likely to exercise and eat breakfast than either widowed men or women. Men are less likely to not smoke or follow directions for safety. With the exception of blood pressure care, marriage has a positive beneficial effect for both men and women.

Women encourage husbands to engage in healthy behaviors because they place an intrinsically higher value on health. "Listen to your wife!" was my advice as a physician, "you don't have to do everything she says you should, *but at least listen to her*. She knows more about your health than you know about hers."

Of importance to Broadmead's Residents is the researchers' finding that more frequent social contacts are associated with healthy behavior activities. This suggests that our good health results from increased opportunities Broadmead provides to work together on committees, have at least one meal a day in the dining rooms, attend regular group entertainment, and enjoy frequent encounters that encourage conversation.

Authors Schone and Weinick might have had more advice for Broadmead Residents: Stay as active as you can. Exercise regularly, both physically and mentally. Eat healthier. Socialize often. Judge your state of health correctly. Ask OPD staff for help or guidance readily. Avoid macho or risky behavior, it is out of place in geriatrics.

Lastly – Listen to a spouse. If alone, take care of yourself, yourself! And button up that overcoat!

Relief from Incurable Pain?

by Ralph White

The Maryland Legislature is now considering a law that would prohibit any aid in dying under any circumstances. Senate Bill 319 [originally 160] forbids such aid even in cases of incurable pain and even if the patient urgently asks for that kind of help. The penalties for doing so are severe: up to a ten-thousand-dollar fine, or three years in prison, or both.

Three Residents—Ruth Bristol, Mimi Moore, and Polly Roosevelt—have been active in preparing a petition opposing the bill. The chief argument in the petition is that it would be government interference with what should be the private business of the patient most of all, of the physician, and occasionally of the patient's family.

The four Residents who went to the hearing on February 11 (Charles Ellicott, Ralph White, Jane Zouck, and Polly Roosevelt)

testified against the bill. They stressed two arguments: 1) Government interference is inappropriate in end-of-life decisions; and 2) this bill would discourage many doctors from prescribing fully adequate pain management.

It is expected that the bill will pass the Judicial Committee of the Senate, but there is a probability that a corresponding bill [HB496] will be defeated in the House of Delegates. That happened to a similar bill last year.

Hearings will be held on March 9.

Volunteers needed for day trip to Annapolis

We must protest to the House of Delegates the bill corresponding to the bill which was just passed by the Senate *in spite of our efforts*.

Surely, you hope your physician will dare to prescribe adequate pain medication if required during your terminal illness.

Please contact Polly Roosevelt at R-19 or phone 410-527-9920 to join the group driving to Annapolis on March 9. Your participation is urgently needed.

VOICE of the RESIDENTS

Volume XX, No. 7
March, 1999

* * *

Published September through June,
Broadmead Residents Association,
Marjorie Forbush Scott, *President*

Harry S. Scott, Jr., *Editor*

<http://www.broadmead.org>
FAX 410-527-0259

Contributors to this issue:

Thelma Becherer, Marie Bent,
Sarah Cooper, John De Hoff,
Jane Earhart, Nydia Finch,
Betsy Griffin, Jean Hake,
Frank Hijikata, Chas. Hobelmann,
Barbara Hudson, Elsa Lundgren,
Abe Makofsky, Eva Milbouer,
Patricia Rodak, Philip Schnering,
Chris Slaughter, Eddie Slaughter,
Betsey Spragins, Barbara Vosburgh,
Ralph White



13801 York Road
Cockeysville, MD 21030



**Non-profit Org.
U. S. Postage
PAID
Cockeysville, MD
Permit No. 5**

Address Correction Requested